UCSF NEWS

Hypoglycemia: Fact and Fiction

Hypoglycemia means a lower than normal level of sugar in the blood. Recent publicity in the popular press suggests there is a widespread and unrecognized occurrence—even an epidemic—of hypoglycemia in this country.

"Not true," says Dr. Peter H. Forsham, Director of the Metabolic Unit for Research in Endocrinology and Metabolism at the University of California, San Francisco. "The fact is that true hypoglycemia is relatively *uncommon*." Moreover, adds Dr. Forsham, the condition can be diagnosed with no difficulty by appropriate laboratory tests and can be treated readily and simply.

Misunderstanding of hypoglycemia has resulted in erroneous reports that it may be a frequent cause of allergies, alcoholism, juvenile delinquency, drug addiction, and even inadequate sexual performance. "There is no good research evidence to support these claims," Dr. Forsham states.

The symptoms of hypoglycemia are: anxiety, nervousness, hunger sensations, weakness, depression, fast heart action, headache, sweating, shakiness, trembling, and, occasionally, seizures and unconsciousness. However, the majority of people having any of these symptoms do *not* have hypoglycemia, according to Dr. Forsham.

Temporary low blood sugar level after a meal is the most common pattern and can be found in patients who have had an operation on the stomach, in some people with early mild diabetes mellitus, and in a group of individuals who tend to be thin and nervous. However, many people suffering from emotional disorders such as depression and anxiety have symptoms similar to people who have true hypoglycemia. It is understandable that their condition might be attributed to low blood sugar, yet their blood sugars are not low. Unfortunately, a small number of determined physicians, bolstered by erroneous literature propagated by an organization called the Hypoglycemia Foundation, Inc., have mistakenly or purposely fostered this belief. Nevertheless, relatively few people who complain of fatigue, nervousness, and depression actually have low blood sugar. Because those who do have low blood sugar may also have emotional problems, it may be difficult to determine whether their complaints are entirely the result of psychological disturbances.

The tendency for hypoglycemia can be determined by a standard five-hour glucose tolerance test, and diagnosis of hypoglycemia is confirmed by analysis of the glucose (sugar) content of blood taken from the patient at the time he is experiencing symptoms.

When a patient is found to have true hypoglycemia, the treatment is amazingly simple: food, in proportions low in sugar and high in protein is ingested at frequent intervals of time. Distressing symptoms disappear with dramatic suddenness.

Types of Hypoglycemia

Dr. Forsham distinguishes between two types of hypoglycemia—"reactive (or functional)": and "fasting (or organic)." Patients with reactive hypoglycemia develop episodic periods of distress from one to two hours after a meal. This is believed to be due to an overproduction of insulin in the pancreas which abruptly lowers blood sugar.

Dr. Forsham explains that readily assimilated carbohydrates in the form of candy, Cola drinks, and fruit juices should be avoided because the rapid influx of sugar into the blood stream will cause rapid insulin production to quickly depress blood sugar levels.

Some patients develop a low blood sugar only after three to five hours following a meal. They represent early, mild diabetics who have a high blood sugar rise at first, because of sluggish insulin secretion, and this

is then followed by continuation of insulin secretion long after the blood sugar has begun to fall. Hence a late hypoglycemia. Treatment here is one of reducing excess carbohydrates in the meal and, if necessary, administering an oral blood sugar lowering agent before the meal so as to force insulin to be secreted more promptly.

Fasting hypoglycemia, which is far less common than the reactive type, but is also more serious, usually occurs during the night or before breakfast. It may be due to a tumor of the pancreas, which stimulates that organ to produce insulin almost constantly. Other organic causes of hypoglycemia include diseases of the liver and deficient function of the pituitary gland. Treatment consists of removing the cause surgically or in treating the underlying condition. The tests that distinguish the various types of hypoglycemia are readily available.

Erroneous Information

Much of the erroneous information about hypoglycemia has been propagated by a New York based organization called the Hypoglycemia Foundation, Inc., headed by two physicians and seven laymen. The foundation's aim is "to put recognition and treatment of hypoglycemia on a par with diabetes . . . to alert physicians to that condition and indoctrinate them in its proper treatment." The public apparently hears of the foundation by word of mouth, articles in the popular magazines, and through a handful of widely sold books. One has sold 50,000 copies; another is in its 23rd printing. Additional misinformation was spread by a physician who published a series of medical journal articles in the 1950's and the early 1960's advocating the treatment of low blood sugar by injections of adrenal cortical extract (a preparation of beef or pork adrenal glands).

Says Dr. Forsham about injections of adrenal cortical extract: "These are absolutely *not* an appropriate treatment for any type of hypoglycemia. They contain very little active hormone. Moreover, there is no known medical use for this extract since highly purified, individual adrenal hormones are now available to take by mouth by those patients who suffer from adrenal insufficiency."

A few years ago, a note in the Journal of the American Medical Association advised physicians that "there is no scientific basis for several of the fundamental claims" made by the Hypoglycemia Foundation, Inc. and went on to say that "it is the opinion of the scientific community, therefore, that an organization such as this does not promote a rational approach to the diagnosis or management of hypoglycemia."

Joan Spiegelhalter

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Editor's Note

Because of the need to maintain separate mailing lists for each Alumni and other special groups, more than one copy of UCSF NEWS may reach some readers. Perhaps you can follow the example of one alumnus of the School of Nursing . . . she gives it to a neighbor who isn't on the mailing list.

Runaway Gas Tank

Just about every safety standard, safety order, or safety list will contain an item regarding the fastening of gas cylinders to a firm support. Section 4829 of the General Industry Safety Orders of the State of California, for example, states, "All gas cylinders in service shall be securely held in substantial racks or secured to other rigid structures so that they will not fall or be knocked over." It is easy to visualize that a cylinder can fall over and smash a toe or break a leg. But have you ever wondered what would happen if the regulator valve was knocked off? The following is an account of such an incident:

"Six 220-cubic foot cylinders, part of a fire extinguishment system, had been moved away from their wall supports to allow painters to complete the painting of the area. While moving them back into position, it was noticed that one cylinder was leaking. The painter had the cylinder leaning against his shoulder, and was attempting to scoot it across the floor. At this time, the valve separated from the cylinder and was projected backward hitting the side of a stainless steel cabinet.

The man suddenly found himself with a jet-propelled 215-pound piece of steel. He wrestled it to the floor, but was unable to hold it. The cylinder scooted across the floor hitting another cylinder, knocking it over and bending its valve. The cylinder then turned 90 degrees to the right and traveled 20 feet where it struck a painter's scaffold causing a painter to fall 7 feet to the floor. After spinning around several times, it traveled back to its approximate starting point, where it struck a wall.

At this point, the cylinder turned 90 degrees to the left and took off lengthwise of the room chasing an electrician in front of it. It crashed into the end wall 40 feet away breaking loose four concrete blocks. It turned again 90 degrees to the right, scooted through a door opening, still chasing the electrician. The electrician ducked into the next door opening, but the cylinder continued its travel in a straight line for another 60 feet, where it fell into a truck well striking the truck well door. The balance of the cylinder pressure was released as the cylinder spun harmlessly around in the truck well area. The painter who fell from the scaffold received multiple fractures of his leg.

It is surmised that the cylinder valve had obtained previous damage, and it was a matter of chance that it separated from the cylinder at this particular time.

This incident illustrates what can happen when a valve is separated from a compressed gas cylinder. This one contained pressure of about 900 pounds per square inch, but many cylinders are pressurized to 2200 pounds per square inch. If you have any doubts about the need for anchoring compressed gas cylinders you might think about the 2200 pounds per square inch and ask yourself "what if . . .?"

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From Campus Safety—National Safety Council
Can you take a moment to look around at your work location to assure all gas cylinders are properly fastened, so that you do not take the chance of being chased "by one that got away"?

Frank A. Gohr, Dr. P. H.
Office of Environmental Health & Safety

Dr. K. F. Meyer Memorial

Memorial services for Dr. K. F. Meyer, Director Emeritus of the George W. Hooper Foundation were held May 18 in Cole Hall at UCSF. Dr. Meyer died April 27th.

News of Dr. Karl F. Meyer's recent death a few weeks before his 90th birthday, touched a responsive chord among the many research scientists and public health officials who learned much about infectious diseases from him.

But the millions who owe their lives to him, probably know very little about this pioneer microbiologist, who for 30 years, directed UCSF's George Williams Hooper Foundation and was active in research and writing up to the time of his death, which ended a 60-year career with the University of California in San Francisco and in Berkeley.

But in spite of, or maybe because of his many scientific discoveries, Dr. Meyer's name has never become a household word. Dr. Edward B. Shaw, his former student and longtime friend, thinks "K.F.," as many called him, "would have won a Nobel Prize if he hadn't worked on so many areas of discovery that nobody could keep track of all that he was doing."

"His work in polio research preceded Sabin and Salk," says Dr. Shaw, a UCSF Professor Emeritus of Pediatrics and former Chairman of the Pediatrics Department.

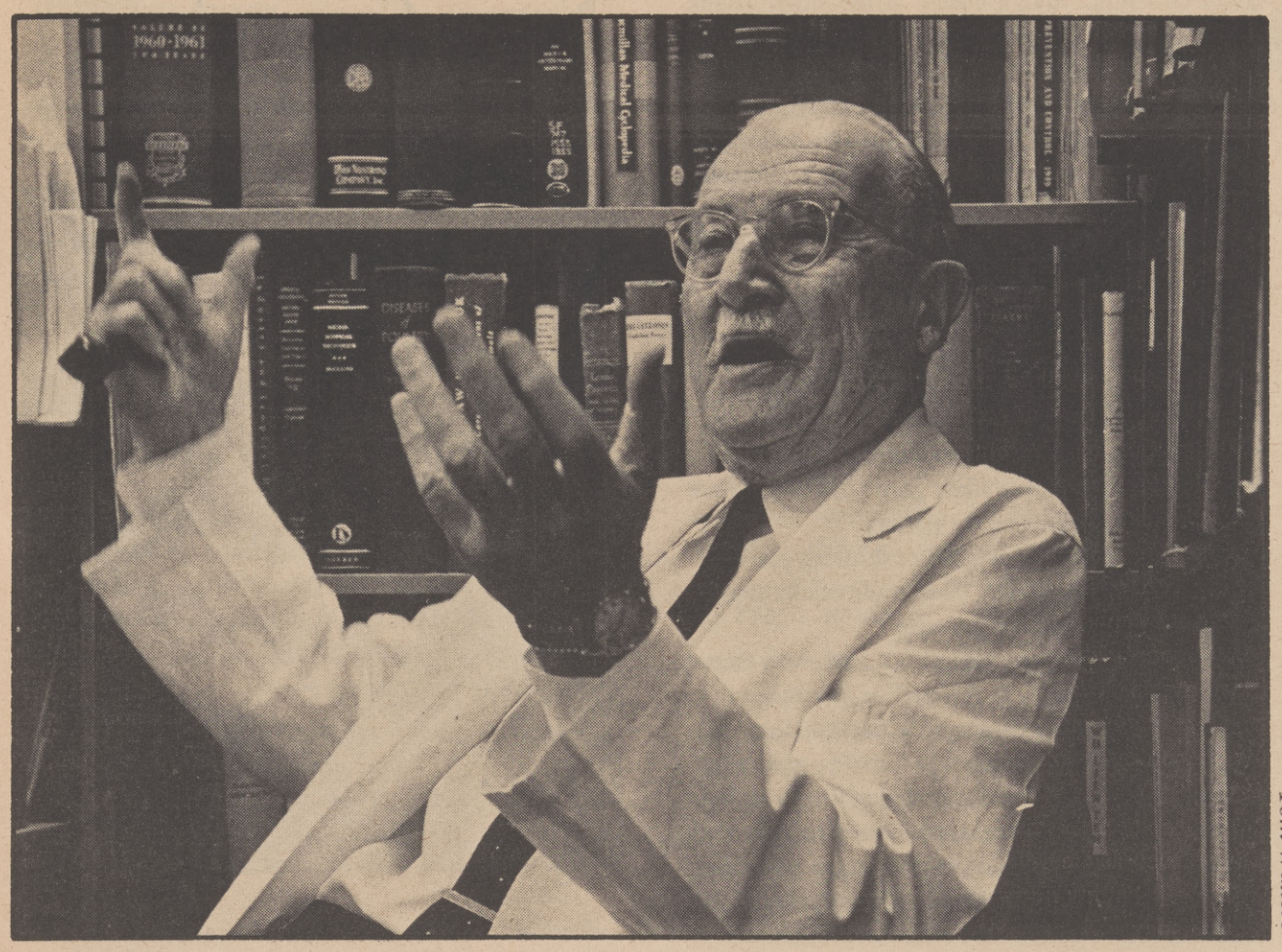
"Then he plunged into botulism control, then encephalitis, then plague (chief among his findings: plague exists in a natural state in wild rats), then on to psittacosis (parrot fever), which he later discovered occurred in other birds (ornithosis)."

Dr. Meyer's achievements read like a chapter on infectious diseases. A good friend, Dr. Paul deKruif, the scientist who wrote the popular "Microbe Hunters," dubbed him the "Champion Among Microbe Hunters" and "The Pasteur of America" in a 1950 Readers Digest article.

Dr. Meyer was a strong, energetic man up to the last few weeks of his life. He granted an interview at that time, dismissing any plans to celebrate his May 19 birthday. He called it "obscene to raise a ballyhoo" over the fact he had lived so long—"particularly when so many great colleagues are no longer alive."

He reminisced about his life: his days at the Universities of Zurich and Munich, where he obtained doctorates in veterinary medicine and zoology; and his work in South Africa from 1908 to 1910, where he developed an antidote for East Coast fever, which had killed hundreds of thousands of cattle in native villages, and threatened mass starvation.

His African work brought him fame and led him to the University of Pennsylvania and later westward in 1913 to San Francisco and the University of California Medical School. He taught bacteriology, a study then in its infancy, for UC, both in San Francisco and in Berkeley, and later became



Tom Walters

Dr. Karl F. Meyer, Director of the Hooper Foundation, Emeritus, is remembered for his numerous contributions to public health, his wit, and love of life.

department chairman for both campuses. He became director of Hooper in 1924, but continued to maintain his Berkeley ties when he was tapped to open the School of Public Health there in 1936.

During a recent interview, Dr. Meyer lamented the lack of immediacy between research and technology today, blaming it on "the high degree of specialization and the high cost of everything." "We worked furiously in those days to develop vaccines against typhoid and the plague because people were dying all around us. Today, a scientist finishes his experiments, then sits back at his desk hoping for the technology to develop it."

Of all his achievements, Dr. Meyer said he was most proud of his contribution to the control of botulism. A series of fatal outbreaks in the early part of the century had brought the canning industry under fire.

Dr. Meyer and his colleagues were called to advise the California canners. "We told them their whole industry would go 'kaput' if they didn't change it from top to bottom."

The rest of the story is history. His team researched the heat resistance of bacteria spores and developed proper temperature control and canning methods. Their work saved the California canning industry and led to the tough state cannery inspection laws passed in 1925, the first in the country.

Dr. Meyer achieved many honors in his lifetime: nine honorary degrees, including three medical doctorates; 19 awards and scores of consultancies, including the World Health Organization for his expertise on plague and zoonoses (disease transmitted from animals to humans). Through his work he has helped:

Asian villagers and American servicemen, from Guadalcanal to Saigon, who survived plague because of his vaccine.

Animal handlers, from veterinarians and poultry raisers to pet bird owners, who today contact less animal transmitted diseases, because of his work.

Anyone who has eaten California canned food, thanks to his botulism research.

Newcomers to the California Central Valley, who are forewarned of Valley Fever carried in soil spores, knowledge resulting from his diagnostic work.

Shellfish fanciers, who no longer dig for mussels at certain times of the year, because of his findings on paralytic shellfish poisoning.

After retiring, Dr. Meyer continued to come to his small, book-crammed office every day to work on his many projects. Meticulously, he set aside time for: research and writing (he wrote more than 800 scientific articles—300 of them since his retirement 20 years ago); preparing lectures; stamp collecting (he was preparing an addendum to an earlier book, "Disinfected Mail," a study of postal fumigation practices for mail from countries afflicted by cholera and plague outbreaks).

Reflecting on Dr. Meyer as a member of the UCSF faculty, Chancellor Francis A. Sooy remarked: "Dr. Meyer's carreer encompassed three full generations of San Francisco physicians. His pre-eminence as an investigator, teacher, and scientist was among the highest in the country. His continued activity in his chosen field for many years after retirement has been an inspiring example to everyone on the San Francisco campus."

"The people of California owe him a great debt for his brilliant and timely solution to the problems of botulism and parrot fever. Dr. Meyer's death marks the loss of one of the true academic giants on the San Francisco campus."

Dr. Meyer, a native of Basel, Switzerland, studied at the University of Zurich. He received his doctoral degree in veterinary medicine from the University of Munich in 1905. His appointment to the University of California faculty in 1914 began an academic career marked by numerous accomplishments in public health. He became Director of the George Williams Hooper Foundation in 1924 and remained as head of this center for study in world public health and epidemiology until he retired in 1954.

Surviving Dr. Meyer are his second wife, Marion, whom he married after his first wife's death; a daughter, Charlotte (Mrs. Bartley Cordon of Tucson, Arizona); four grandchildren and two great-grandchildren.

The memorial service held on the anniversary of Dr. Meyer's 90th birthday was arranged by Sanford S. Elberg, Dean of the Graduate Division and Professor of Immunology and Medical Microbiology, UC Berkeley. Among those who presented spoken tributes were Chancellor Sooy; Dr. James Steele, Director of the School of Public Health, Houston, Texas; Dr. Richard B. Shaw; Dr. Milton Rose; and Dr. Julius Schacter of the Hooper Foundation.

Sanna Craig

Camp-Abbott Scientific Program

The annual Samuel Higby Camp lectureship combined with the Leroy C. Abbott Society this year to present a two-day scientific program at UCSF. The program featured two speakers.

The Samuel Higby Camp lecturer was Dr. Clinton L. Compere, Professor in the Department of Orthopedic Surgery at Northwestern University Medical School. He is also Director of the Rehabilitation Engineering Program and Senior Attending Physician at Northwestern Memorial Hospital. Dr. Compere's lecture was entitled "Rehabilitation Engineering 1947-1974."

The Leroy C. Abbott lecture was given by Dr. Jacquelin Perry, Clinical Professor, Department of Orthopedic Surgery at Rancho Los Amigos Hospital, who presented a lecture on "Neurological Orthopedics, An Expanding Area of Need."

In 1944, Samuel Higby Camp, a pioneer manufacturer of surgical supports, provided for the establishment of a Foundation that funds the lectureship named in his honor.

Dr. Leroy C. Abbott was Professor of Orthopedic Surgery and Chairman of the Department at UCSF. He died in 1965. The lectureship which bears his name was established by friends as a memorial tribute to him.

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UCSF Commencement .

Commencement 1974, ceremonies will be held by each School on the following dates:

School of Pharmacy: June 1 at 2 p.m. at the Scottish Temple on Sloat Blvd. and 19th Avenue.

School of Medicine: June 7 at 2 p.m. in the Grand Ballroom of the St. Francis Hotel.

School of Dentistry: June 7 at 7 p.m. in the Grand Ballroom of the St. Francis Hotel.

School of Nursing: June 15 at 2 p.m. at the Palace of Fine Arts. Commencement speaker: Anna Mullins, R.N.

Academy Features Film about Pygmies

Heart disease and cancer, killer diseases of modern man, are not found among Pygmies who live in Zaire, formerly the Belgian Congo. The rapid decrease in numbers of these gentle people, known to most of the world only because of their small stature, is the result of industrial progress.

A healthy energetic people, Pygmies are long-lived in their natural habitat in the Ituri Forest. They remain vigorous and active and senility does not occur. If undisturbed in their forest environment, death primarily comes from one of four causes: respiratory ailments, such as pneumonia; accidents, and this category includes attack by red ants; intestinal worms; and eye infections, especially a parasitic invasion behind the eyes in which the optic nerve is destroyed and brain tissue damaged.

Since 1960, when the Belgians were driven out of the Congo, the Pygmy population has been reduced from 15,000 to 4,000. The new government has destroyed most of the forest area so essential to the Pygmys' survival. Coffee, cotton, and lumber are products that have become important to the economy of Zaire. It has been decreed that the Pygmies must be "rehabilitated" by those whose priorities list, in this order, transistor radios, wrist watches, bicycles, and attaché cases as the essence of civilized living.

"Deeply religious and moral, the Pygmies live a serenely harmonious life," says Jeanne-Pierre Hallet,

Jean-Pierre Hallet and some of his friends in the Ituri Forest.

who has lived among them for many years. "They are very cosmic and do not fear death. When a Pygmy looks at the stars at night, he thinks of them as happy souls twinkling in the sky."

"For example," continued Mr. Hallet, "their religious history includes the creation of the world, the deluge, Noah's Ark and many other close parallels to Egyptian and Judeo-Christian beliefs."

Pygmies are the most non-aggressive people on the earth, according to Mr. Hallet and others who have studied them. He believes they are the oldest race and actually are the living roots of man's social, religious, and linguistic origin.

Through the centuries Pygmies existed in harmony with nature and each other. About 10,000 years ago their society had a higher technology than in more recent times. They simplified their society to prevent self-destruction through misuse of the environment. Human values and nature are placed above materialistic things in Pygmy beliefs and practices.

"Everything in the day-to-day life of Pygmies," explains Mr. Hallet, "is accomplished by concensus. There are never orders or commands or arguments. Everyone works together."

Children are very important in Pygmy family life and they are reared without punishment.

"Their parents," explains Mr. Hallet, "never say 'don't' or 'no', everything is put positively."

Pygmies are affectionate and gentle and one expression of their love for each other is shown in body-painting. Intricate geometrical designs cover their entire body. These same geometric designs are also used in weaving and on pottery.

"They are perfectly capable of drawing realistic figures," notes Mr. Hallet, "but traditionally they do not believe in imitating nature."

Mr. Hallet, who grew up in the Congo with Pygmy children as playmates, is devoted to this race of people which is now threatened with extinction. His current goal is to find foods which can be grown by the Pygmies and to have tools made to scale so they can develop an agriculture compatible with their needs.

The California Academy of Sciences is presenting a full color documentary film entitled "Pygmies" on June 8 at the Palace of Fine Arts. Mr. Hallet, the author of *Pygmy Kitabu* and *Congo Kitabu,* will be present for a question and answer period following the film. For further information and tickets call 221-5100, or write to the California Academy of Sciences, Golden Gate Park, San Francisco, CA 94118.

THE EIGHTEEN SINS OF MAN

1. Cruelty toward children
2. Murder
3. Wanton slaughter of animals*
4. Disrespect toward parents and elders
5. Failure to help a wounded or stray pygmy from elsewhere
6. Wasting food*
7. Fouling water*
8. Sorcery
9. Adultery
10. Cowardly behavior during the hunt
11. Husband-beating
12. Wife-beating
13. Cutting the tall trees*
14. Blasphemy
15. Setting traps for animals, it is wasteful and unmanly*
16. Theft
17. Eating eggs, which are like "seeds of life"*
18. Slander

The pygmy "commandments" include six ecological laws (*). This conservationist credo might be summarized as "do unto nature as you would have nature do unto you" . . .

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Excerpt from "Pygmy Kitabu" by Jean-Pierre Hallet, with Alex Pelle (Random House, September 1973)

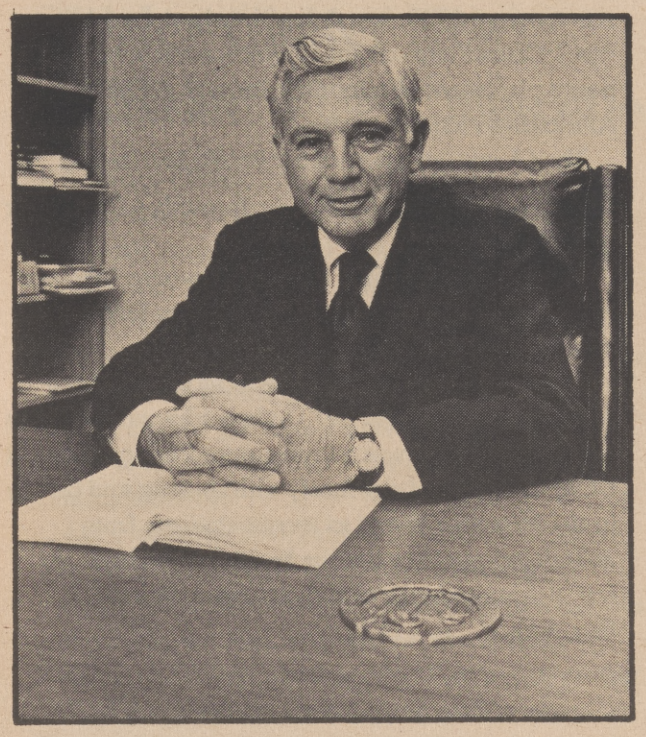
Nurses Convene in SF

The American Nurses Association is holding its annual convention in San Francisco during the week of June 10-14, 1974. The meeting will be held at Brooks Hall, Civic Auditorium. A varied program is outlined for the five-day convention. On the program from UCSF School of Nursing are Maura Carroll and Teresa Bellow. Ms. Carroll is moderator of a panel entitled "Leadership in Education: Crises, Currents, and Choices." Ms. Bellow is a member of the panel.

Marlene Kramer, Ph.D., is a candidate for the Commission on Nursing Research.

At UCSF, the School of Nursing and the Nursing Service will sponsor an Open House on Wednesday, June 12, from 4:00 to 7:00 p.m. Tours and displays will be featured. Bus service from the convention center will be available for the convenience of nurses who wish to visit our campus.

Memo



On Saturday, May 11th, the University of California San Francisco Homecoming and Annual Banquet was held, with the daytime activities on campus and the banquet at the Fairmont Hotel. The good spirit and feelings of comradery demonstrated by the participants made it a most enjoyable occasion for everyone.

The Class of 1949 . . . 25-year alumni of the School of Medicine, were the host group. It was marvelous to have seven representatives from the Class of 1924 for their 50th year reunion. Among these alumni, celebrating the half-century mark, are several who still energetically practice medicine. They are:

Mildred Mettier
Matthew N. Hosmer
Robertson Ward
Max Dunievitz
Frank Haight
Leona Nightengale
Grace Talbott Boville

The banquet, attended by 310 guests, had a joyful, festive atmosphere. I was very happy to have tangible evidence of the continuing interest and participation of so many of our alumni in the affairs of this campus, because I believe our alumni are one of our most valuable assets.

Francis A. Sooy, M.D., Chancellor

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Communities

Zoning Action by ISAC

Preserving the family character of their neighborhood is a cause which unites the 200 dues paying members of the Inner Sunset Action Committee (ISAC) and other concerned neighbors of the UCSF campus.

On May 16, representatives of ISAC turned out in large numbers to urge the City Planning Commission to approve down zoning of a 38 block Inner Sunset area. They were only partially successful in this effort which was preceded by months of campaigning to mobilize support.

The rezoning appeal must now go to the Board of Supervisors for action.

Members of ISAC represent a microcosm of the diverse Inner Sunset neighborhood. They include tenants, property owners and merchants; families and single persons; the elderly and the young; people of many different ethnic backgrounds, income levels, and lifestyles. In the four years since the committee was organized, they have planted hundreds of street trees, campaigned successfully for stoplights at a dangerous intersection, supported children's playground improvement, needled UCSF in expansion plans. But the most crucial campaign of all, they feel, has been the battle to obtain down-zoning of an area traditionally composed of older family homes, two-family flats, and a scattering of older apartments.

Says Kathleen Courtney, a brunette dynamo in her mid-twenties, and secretary of ISAC: "In 1960, the area was rezoned to R-3 and R-4, designations permitting new construction of mid to high density multiple family dwellings. Now these structures have begun to reverse the character of the neighborhood.

"For example, in less than a year, residents of one block were subjected to the loss of four single family homes. These were replaced by one 14-unit apartment building, two six-unit apartment buildings, and a 45-unit apartment building at 10th Avenue and Lincoln Way. Other building permits for multiple dwellings have been pending."

In November 1973 the rezoning application was filed, Ms. Courtney explains, "to prevent the area from becoming an apartment ghetto, as has happened in some San Francisco neighborhoods."

Prior to the Planning Commission's public hearing, ISAC mailed thousands of letters, and 23 block captains assisted by dozens of volunteers circulated petitions door to door throughout the neighborhood.

The 38-block area is generally bounded by Tenth Avenue, Lincoln Way, Arguello Boulevard, and Kirkham Street: the zoning application asks that the area be down-zoned in general to R-1 and R-2. Some of these blocks include UC-owned property where former family residencies are being used for offices. Although City zoning designations do not apply to this property, ISAC has urged that the University-owned houses should eventually be restored to residential use. Chancellor Sooy agrees that a goal of future campus planning should be the rehabilitation and conversion of these campus houses to residential use, for example, as student housing, when feasible.

"The Inner Sunset is a prime area for family housing," emphasizes Kathleen Courtney. Many of the older residences have space and architectural character that is impossible to equal in today's market. We have Golden Gate Park, Mount Sutro; Ocean Beach is just three miles away; we're served by four major Muni lines."

"We feel it is important to maintain the diversity of individuals and structures in our neighborhood, and to encourage families with children to remain rather than moving to the suburbs. The best means of achieving this is rezoning."

Those who want to help the Inner Sunset Action Committee may obtain information by writing Kathleen Courtney, 1273 Seventh Avenue, San Francisco, CA 94122.

Claire Wray

Summer Program

This summer, the Recreation Department will be offering a full slate of programming for children. *Tiny Tot Swim,* an introduction to water safety and swimming for tadpoles three to five years of age will be offered weekday afternoons, twice a week. *Red Cross Swim Lessons* for children between the ages of six and fifteen will be offered weekday mornings, every half hour, between 9 a.m. and 11:30 a.m.

During the same time period, *Gymnastics* (with classes for groups 3-5, 6-8, and 8-15 years of age) and *Trampoline* (for ages 6-15) will also be offered.

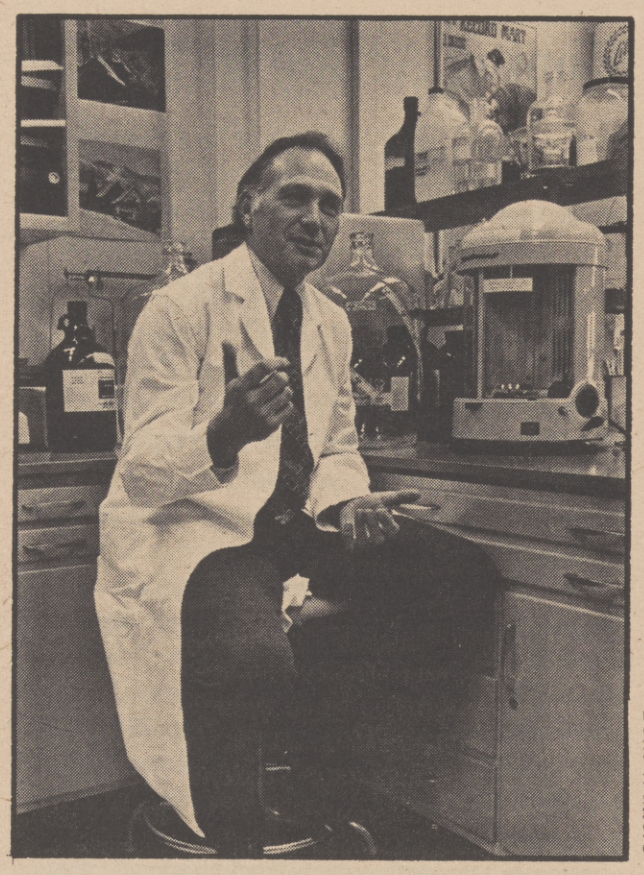
All of the aforementioned classes will be offered in two, week-long sessions. There will be five such sessions held this summer, the first commencing June 17, the last, August 19.

A day camp (for children aged seven through fourteen) will be held during these sessions as well. The camp will run from 11:30 a.m. until 3 p.m. and will include one overnight outing per session. In addition to the camp's regular program of arts, crafts, sports, games and outings in Golden Gate Park, the children will be invited to participate in projects including film animation, photography, and the creation and video taping of the camp's own puppet show. The camp's emphasis will be on field trips, and the field trips will emphasize the children's role as a part of nature. The camp will visit places like Audubon Canyon Ranch (home of exotic egrets and great blue herons), Muir Woods, Land's End, Sunset Scavengers Garbage Palace, Mt. Tamalpais; and the Golden Gate's Arboretum where the resident naturalist will show us some of the American Indian's uses of native American plants. The overnight outings are the most exciting aspect of this unique program, and will include a night aboard the C. A. THAYER, an old lumber schooner moored at the Hyde Street Pier, a

night at historic Fort Point in the mode of Civil War soldiers, and a night at the home of John Muir.

From July 22 through August 1, the Millberry Union Recreation Department will be offering a special environmental camp which will run all day, from 9 a.m. to 3:30 p.m. The first week will be spent in a program run by the Golden Gate National Recreation Area at the Gerbode Preserve, a hidden canyon near Fort Cronkhite on the north side of the Bay. The second week will feature an overnight at the Institute of Man in Nature in Mendocino where the children will visit tidepools, pygmy and redwood forests, and learn much about the balance of nature in the ecological environment of Jughandle Creek. A voyage to Alcatraz is also included.

This is the most ambitious, unique programming ever offered to the children of this community. It offers an opportunity for a child to spend a part of his summer in the City keeping physically fit, gaining valuable experience, and getting close to nature. To sign up for any of these programs, come to the Recreation desk by Millberry Union Swimming Pool. For more information, call 666-1115.



Tom Walters

Dr. Gerold M. Grodsky, Professor of Biochemistry, heads the successful Committee for Faculty Community Relations, a public service activity supported by faculty members at UCSF.

Faculty's Community Service

The UCSF Committee for Faculty Community Relations was established to provide a direct channel of communication to the public on health topics. This service, started over two years ago, is free of charge. It is financed entirely by personal contributions from the faculty members.

The faculty speakers donate their services, and they find their efforts rewarding in terms of both teaching and learning. Some lectures become dialogues with a community group and provide a source for health professionals to learn first hand what community needs are of greatest concern. The program also provides a source of information to the community about services at UCSF, as well as giving an opportunity to direct questions to physicians, nurses, dentists, and other health professionals about health and health care.

The variety of subjects covered in this program include such topics as: "Sex After 40," "Common Infant Illnesses," "Drug Abuse and Alcoholism," "Cystic Fibrosis," and "Children with Learning Disabilities." Two surgeons, for example, addressed the Alpha Phi Beta Sorority of the School of Business at USF where they lectured and showed films on "Breast and Uterine Cancer." One physician spoke before a group of older people about arthritis. The Family Development Center had several lectures presented to their members; one given by a pediatrician who talked about "Conflicts in Adolescence" and another pediatrician who spoke on the topic, "How Children Learn About Sex." A dietician addressed the same group on "Nutrition."

In addition to service organizations, church groups, and other community and business activities, this Committee has provided many faculty members to discuss health topics and health career opportunities with students in Junior and Senior High Schools and Community Colleges.

Any community group or school interested in arranging for a lecturer from UCSF should call 666-2557 or write to the UCSF Committee for Faculty Community Relations, 1411 HSW, San Francisco, CA 94143.

Chancellor's Awards

Recipients of the Chancellor's Award for Public Service this year are Mr. Michael V. Drake, Dr. David Smith, and Mr. David Johnson. Mr. Orvill Luster, former director of Youth for Service and a leader in Bay Area public service, presented the certificates and checks to the winners.

Mr. Drake, a third-year medical student who was also honored with the Thomas N. Burbridge Memorial Award, received $600. He has organized and conducted educational programs about sickle-cell disease and about high blood pressure. These programs are presented to pupils in local schools.

Dr. David Smith, Clinical Professor of Toxicology at UCSF, has worked with free clinics throughout the Bay Area and founded the Haight-Ashbury Free Clinic. This clinic has served as a model for the establishment of free clinics in other communities throughout the country. Dr. Smith received a check for $500.

Mr. David Johnson, Coordinator of Employee Development for the Personnel Department at UCSF also received $500. Mr. Johnson helped found the Black Caucus and continues to devote his time to insure placement of minorities through UCSF's Affirmative Action program.

The Chancellor's Award for Public Service was established by Dr. Philip R. Lee, formerly a Chancellor at UCSF.

The award recognizes individuals whose time and talents are given freely in service to their fellow men and the community.

The Thomas N. Burbridge Award was established by the Black Caucus in 1973 to honor his memory. The late Dr. Burbridge was a Professor of Pharmacology at UCSF and worked vigorously with students and faculty in the formative efforts to recruit students from minority groups to enter the health professions. He was also active in the civil rights movement in the Bay Area.

Mr. Orvill Luster, guest speaker who presented the Chancellor's Awards at UCSF, was the former director of Youth for Service. He has also been recognized as the Dan Koshland Outstanding Social Worker of Northern California and recipient of the Medger Evers Award for outstanding contributions in the field of civil rights.

On Campus

Shirley Chater New Assistant Vice-Chancellor

Dr. Shirley Chater, Professor of Nursing at UCSF, and Professor of Education at UC Berkeley, has been appointed Assistant Vice Chancellor for Academic Affairs at UCSF, effective August 1, 1974.

"An important part of Dr. Chater's new responsibilities will be coordinating Affirmative Action in the selection of new faculty for the four professional schools and the graduate academic programs in the health sciences on the San Francisco campus," said Chancellor Sooy.

Dr. Chater has been Project Director of COGEN (Cooperative Graduate Education in Nursing), a teaching project involving 12 universities in California and Nevada, to improve graduate education in Nursing, and will continue as consultant to that project.

Dr. Chater will continue as Program Coordinator, Extended Degree Program leading to the Master of Science Degree in Nursing, one of 19 pilot Extended University programs for part-time students. This program has been developed in cooperation with California State University, Sacramento. In addition, she will represent UCSF in all extended degree programs for the University.

Dr. Chater resides in Mill Valley with her husband, Dr. Norman Chater, and their two children.

Special Courses for Nurses

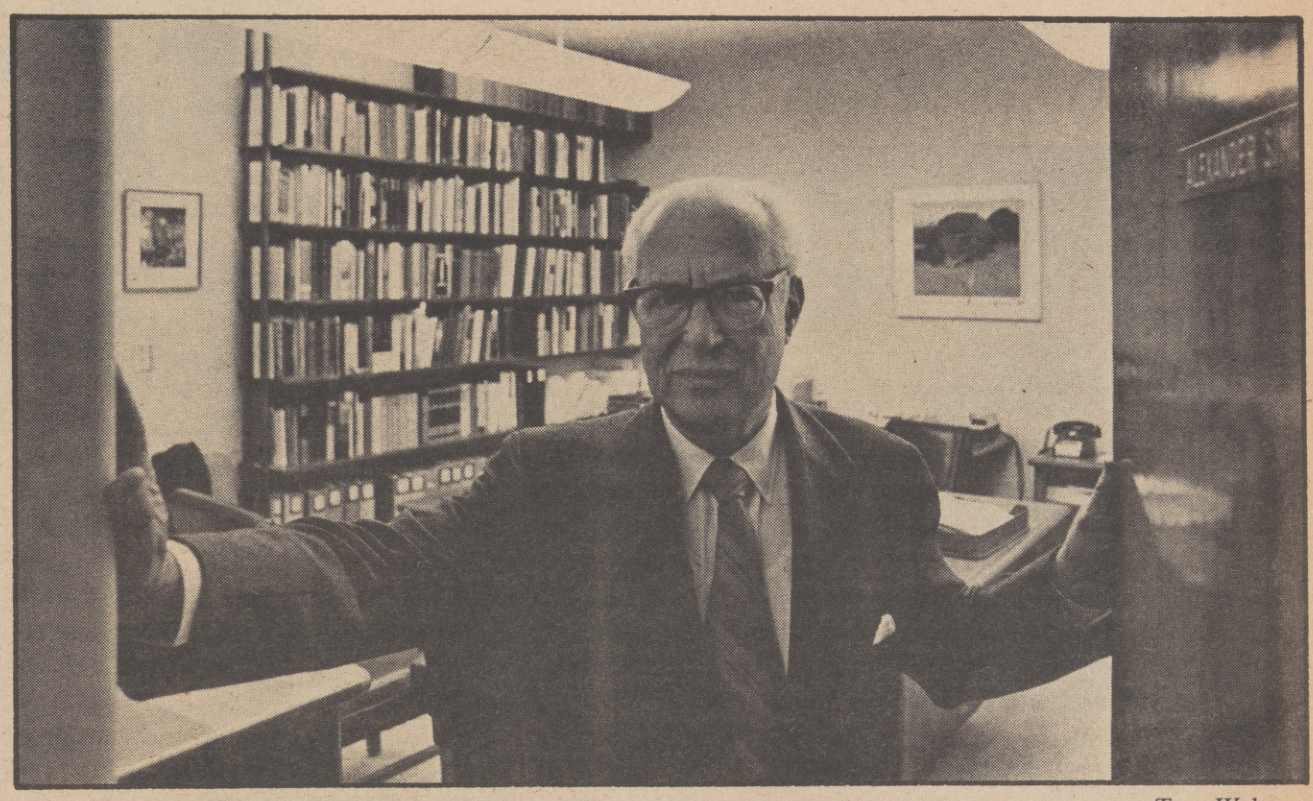
A workshop featuring three courses for nurses will be held at UCSF June 17-21, 1974, from 9 a.m. till 4:00 p.m. The courses sponsored by the Department of Nursing and Biological Dysfunction, School of Nursing are:

Respiratory Support
Physical Assessment
Bio-Instrumentation

Three units of University credit can be earned for each course. Registration fee is $175.00. For further information telephone Judy West, 666-4377; or write to Continuing Education in Nursing, N631-Y, School of Nursing, San Francisco, CA 94143.

Attention! Auction!
The Annual Public Auction will be held June 4 from 12 noon till 2:00 p.m. in Millberry Union Lounge. Presiding auctioneer will be Mr. Donald I. Bartlow from Hospital Administration.

Each year a variety of items find their way to Lost and Found in the Police Department. Those not claimed are auctioned at the end of the Spring Quarter. Come, look, and bid! Wristwatches, rings, umbrellas, books, sweaters, coats, stethescopes, earrings—have all been among the items sold in previous auctions. Your long sought treasure may also be among the objects auctioned this June.



Tom Walters

Dr. Alexander Simon, Professor and Chairman of Psychiatry at UCSF, and Director of Langley Porter Neuropsychiatric Institute for many years before its recent transfer to the University of California.

Dr. Simon to Retire

Dr. Alexander Simon, Professor and Chairman of the Department of Psychiatry and Director of the Langley Porter Neuropsychiatric Institute since 1956, will retire July, 1974.

Relieved of his administrative duties, Dr. Simon will, however, be as active as ever: he will continue teaching, research and patient care activities, and will also serve as Consultant to the San Francisco Geriatrics Services Unit. "I am only retiring as an administrator and am looking forward to being more of a clinician," said Dr. Simon.

His career with the famed Institute, spanning 31 years, began with its founding in 1943, when he came from St. Elizabeth's Hospital and George Washington School of Medicine, Washington, D.C., to serve as Associate Medical Director under Dr. Karl M. Bowman, Chairman of the Department of Psychiatry and the Institute's first medical director. When Dr. Bowman retired in 1956, Dr. Simon became Chairman and Director.

Under Dr. Simon's guidance, the Institute has grown to become one of the finest psychiatric institutions in the nation, providing patient care; teaching of psychiatric physicians, medical students and other paramedical personnel; and research in mental health and mental illness. His last major administrative task was overseeing the smooth transfer of LPNI to the auspices of the University of California in July, 1973; formerly it was operated jointly with the California Department of Mental Hygiene.

Dr. Simon has a nationally and internationally established reputation as a lecturer and writer; his extensive publications have dealt with many aspects of the theory and treatment of emotional disorders. He has become especially well known during the past two decades for his research concerning psychiatric problems of the aged. Through his teaching, research and community service, important changes in the treatment and care of older people have become established practice. His expertise in the field of geriatrics is reflected in his being appointed as a special consultant to the White House Conference on Aging in 1961 and again in 1971, as well as to the important national and international conferences on this subject.

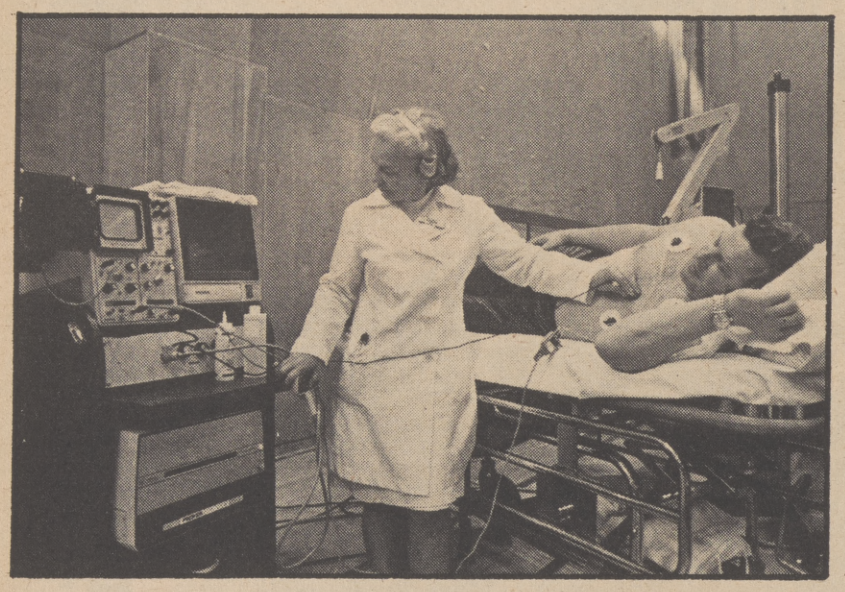
In 1967 Dr. Simon was honored by receiving the Outstanding Civilian Service Medal from the U.S. Army in recognition of his more than 20 years' service as Expert Consultant in Psychiatry for the War Department and Letterman Army Hospital in San Francisco.

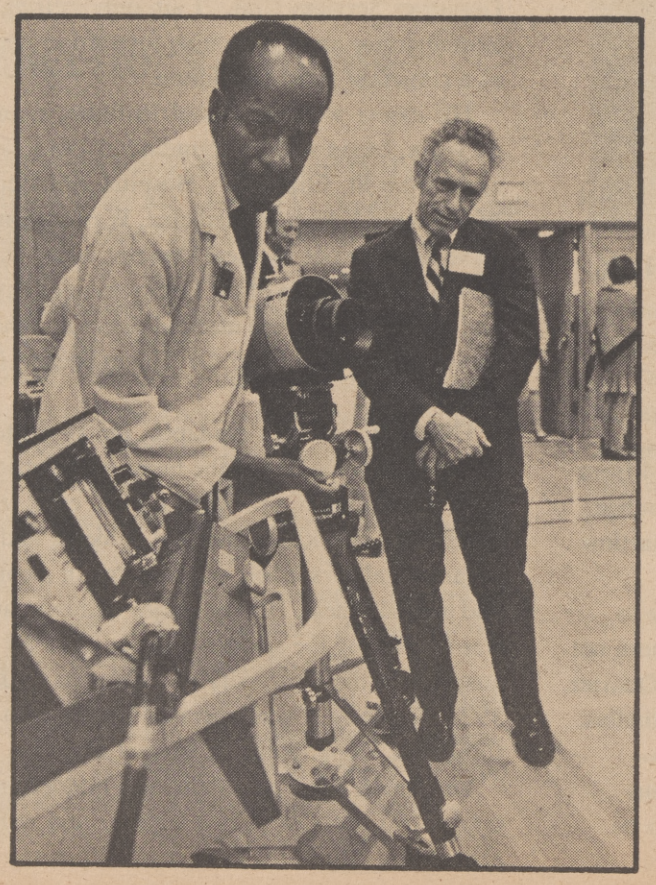
In 1968 he received the Dr. J. Elliot Royer Award for "the most significant contribution to the advancement of psychiatry and neurology."

Dr. Simon was born in New York City in 1906. He received his B.A. degree from Columbia University in 1926 and his M.D. in 1930 from the College of Physicians and Surgeons, Columbia University. He served his internship at St. Joseph's Hospital, Patterson, New Jersey and his residency at St. Elizabeth's Hospital, Washington, D.C.

Dr. and Mrs. Simon reside in San Francisco and have one son, Dr. Franz R. Simon (who is a member of the faculty of the University of Colorado School of Medicine) and three grandchildren.

Joan Spiegelhalter





Photos by Tom Walters

Auxiliary's Friends and Members Meet

The annual meeting of the U.C. Hospitals Auxiliary was held in the Millberry Union Gymnasium, where exhibits of several major gifts from the Auxiliary were displayed. During the social hour before luncheon, Board Members and other Auxiliary members, friends, and volunteers who were guests of the Auxiliary were able to watch demonstrations of the Ultra Sound Diagnostic Unit, the defibrillator, and electric thermometer . . . all gifts to the medical center from the Auxiliary.

Seated at the head table were (left to right) Mrs. Susie Mumford, Secretary; Mr. James McWilliams, First Vice-President; Mrs. Francis A. Sooy; Mr. David Perlman, Guest Speaker; Mrs. Florence Witter, Second Vice-President, who presided at the meeting in the absence of Mrs. Kay Audy, President; Dr. Ephraim Engleman, "Maestro" of the Auxiliary's "Musical Evening"; Mrs. David Perlman; and Mr. Robert Derzon, Director of Hospitals at UCSF.
(See story page 00).

Affirmative Action Part II

What are the top priorities of the UCSF Affirmative Action Program to improve opportunities for minorities and women? The program's Coordinator, Joanne Lewis lists these current objectives:

1.) Appointment of more minority and women faculty members; 2.) More effective recruitment to attract employees representing *all* minority groups; 3.) An increased effort to upgrade minorities and women employed at UCSF in positions below their capabilities or "dead ended" in low level jobs.

Commenting on the first objective, Ms. Lewis said: "We lack an adequate pool of minority applicants for faculty positions in our schools and health science programs because minority students currently enrolled are not motivated to become faculty members. We need to provide 'role models'—minority faculty members with whom our students can identify.

"To make faculty positions more attractive, we also need to increase the prestige of teaching. Teaching and public service should be given at least equal weight with research on this campus."

Expanded search efforts, and better communication with sources of qualified candidates can also help to relieve the dearth of minorities and women in UCSF teaching positions," she said.

As of January 31, 1974, the status of faculty minorities and women on the UCSF campus was as follows:

Total academic positions	1,706	
Minorities	209	(men and women)
Women	394	
Total tenured positions	248	
Minorities	16	(men and women)
Women	18	(no minority women) (no blacks)
Total non-tenured "ladder" positions	85	
Minorities	7	(no minority women)
Women	28	

Turning to the need to improve recruitment of minorities for employment in all areas of the campus, hospitals and clinics, the Affirmative Action Coordinator said: "Although we have been fairly successful in reaching the black community (primarily by word of mouth) we have not been nearly as successful in communicating with other minority groups. We need to know the reasons why our current methods are failing, to determine where our minority job applicants are now coming from and how well they are getting through the personnel screening process. New approaches to recruitment, such as person-to-person contact in the high schools need to be made."

On the problems of the underutilized or "dead-ended" employee, Ms. Lewis had these comments: "We are developing a better system of identifying long time employees whose capabilities are not being recognized, and of determining what training they have had, or need, to qualify for advancement.

"Some occupational categories have better upward mobility than others, and this has special significance for women.

In any department or service, the Supervisor has a very important role in implementing the goals of the Affirmative Action program, Joanne Lewis points out. "The supervisor is in a key position to counsel employees and encourage them to take the necessary steps toward realizing their aspirations. Supervisors should be specially trained and adequately compensated for assuming this kind of leadership."

Claire Wray

Honors

Rees B. Rees, M.D., Clinical Professor of Dermatology, has been awarded the Clark W. Finnerud Award of the National Dermatology Foundation for excellence in clinical dermatology. He has also been appointed to deliver the Dome Lectureship of the American Academy of Dermatology. Dr. Rees will lecture at the Rothchild Foundation and the Hospital St. Louis in Paris, and at the Bulgarian Academy of Medicine in Sofia in June, 1974.

Dr. Rees is currently the President of the American Dermatological Association. The last UCSF faculty member to serve as president of this national organization was Howard Morrow, M.D., during 1922-23.

Reynold F. Brown, M.D., Administrator of Environmental Health and Safety and Clinical Professor of Radiology and International Health, UCSF, has been awarded the coveted Gold Medal Award of the Radiological Society of North America, Inc. This is the Society's highest honor bestowed upon distinguished scientists.

G. Richard O'Connor, M.D., Director of the Proctor Foundation and Associate Professor of Ophthalmology, UCSF, has been appointed by Caspar W. Weinberger, Secretary of Health, Education and Welfare, to the National Advisory Eye Council, National Institutes of Health, Bethesda, Md. The Council guides the administration of the National Eye Institute in the selection of research grants, and suggests appropriate directions to be taken in the field of eye research.

Seymour M. Farber, M.D., Vice-Chancellor, Public Programs, University of California, San Francisco, has been elected a Member of the Howard Florey Institute of Experimental Physiology and Medicine, University of Melbourne, Australia.

Ernest Jawetz, M.D., Professor of Microbiology and Medicine, has been appointed Latin American Visiting Professor for 1974 by the American Academy of Microbiology. He will present a course of anti-microbial therapy for future university teachers of Latin American countries at the University of Antioquia, in Medellin, Colombia.

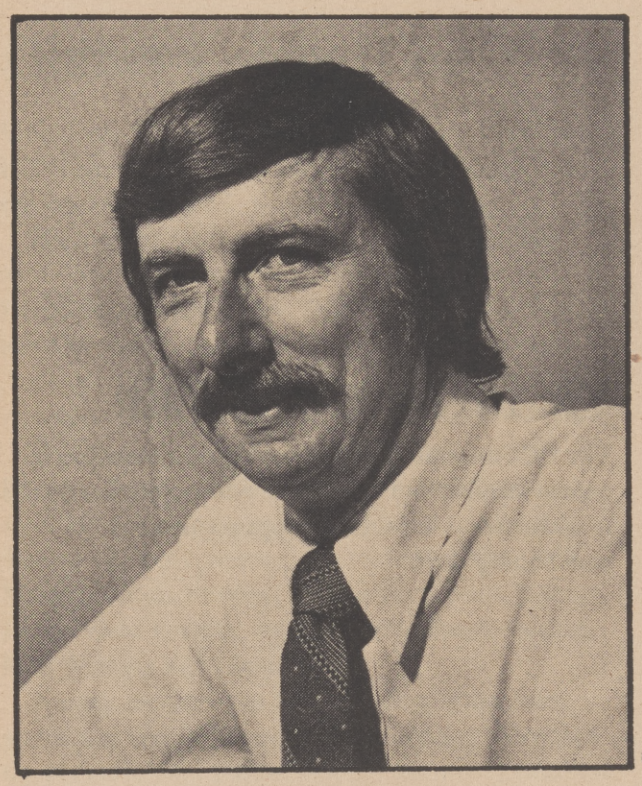
Antarctic Work Recognized

An Antarctic Service Medal and Certificate were recently presented to Mr. Urbain J. Kinet, Assistant Specialist in the Hooper Foundation at UCSF. The Award was for Mr. Kinet's part in the 1965-66 scientific expedition for ecological, entomological, and mite research on the Antarctic continent and sampling of aeroplankton between Antarctica and New Zealand. His master's thesis was based on his work during the expedition.

Mr. Kinet holds appointments as Lecturer in the Department of International Health and in the School of Nursing. He also teaches medical Swahili.

Volunteers who participated in the Volunteer Income Tax Assistance (VITA) Program at UCSF recently received award certificates for their work. These Volunteers, all members of UCSF, serviced 160 IRS tax returns for campus staff and the community free of charge. Pictured from left to right: Freeman Bradley, Walter (Pop) Nelson, George Bailey, Jean Lieberman, and John Wylie of the IRS. Front row: Esther Wilhelm, Minh Nguyen, Rose Mercado, Jim Zepeda and Alice Rowe of the IRS.

SFGH



E. Kolsanoff

John O'Connor coordinates the year-round San Francisco Unified School District's citywide Allied Health Careers work-study program from an office located in the SFGH Outpatient Department.

Program for High School Students

For the first time this summer, eleventh and twelfth grade students enrolled in the Biomedical and Allied Health Careers Programs will be assigned to UCSF Medical Center, San Francisco General Hospital, and other health care facilities where they will observe and work with health professionals on a one-to-one basis.

The 60 participants in this summer experiment will represent two groups of students: (1) Those enrolled in the two-year Biomedical Program at George Washington High School, which began in September 1973; and (2) Others to be selected by the San Francisco Unified School District with preference given to students with previous experience in the School District's Allied Health Career Programs.

Students will receive 10 units of credit in Biomedical Science for successful completion of the special summer session, and those who qualify under federal guidelines will receive stipends.

The Berkeley-based Biomedical Interdisciplinary Curriculum Project, is supported by the National Science Foundation in five Bay Area high schools, and administered by the Committee on Regional Medical Programs. Goal of the project is to test and develop an eleventh and twelfth grade curriculum which will prepare and motivate students to enter health careers. Curriculum materials are being developed in cooperation with the Kellogg Project, a program funded by the Kellogg Foundation to prepare allied health teaching and administrative help.

The citywide Allied Health Careers work-study program is conducted year round by the San Francisco Unified School District and is coordinated by the School District's John O'Connor from an office located in the SFGH Division of Outpatient and Community Services.

For students enrolled in both programs during the school year, the Biomedical-Allied Health Careers Summer Program will reinforce regular studies in subjects fundamental to health careers. It will also offer direct exposure to a variety of health science careers.

Students will spend four hours daily in weekly rotational placements in five different health care settings, including UCSF, SFGH, selected programs of the Department of Public Health, and others. An additional four hours a day will be spent in instruction and homework assignments. Instructors in biomedical science, biomedical social science and laboratory science at George Washington High School will conduct on-site instruction. The Bay Area's Biomedical Curriculum Project, including its summer component are expected to serve as models for the development of health sciences curriculum nationwide.

In addition to the Biomedical Allied Health Career Summer Program, the regular Summer Student Programs at SFGH and UCSF also will provide vacation jobs and health career motivation for students from all San Francisco neighborhoods. At SFGH last summer, 120 students age 15 to 18 were employed in 28 different departments at San Francisco General Hospital.

This program is conducted by the Unified School District Manpower Administration and administered by the Neighborhood Youth Corps. Lora Fountain, of the Health Education and Training Division of the SFGH Outpatient Division, has special responsibility for coordinating summer student employment at SFGH.

During the summer vacation period last year, 75 students were assigned by the School District in jobs at UCSF, and this program also will be repeated in 1974.

Claire Wray

Book Notes

Three of the five authors of the recently issued Seventeenth Edition of the "Physicians' Handbook," published by Lange, are members of the SFGH Department of Medicine faculty. They are Dr. Norman J. Sweet, a co-author since the Sixth Edition, Dr. Edward Biglieri and Dr. Robert L. Roe. This pocket-size reference book contains concise diagnostic and therapeutic information of daily use to doctors and students. It has been translated into Portuguese, Spanish, Italian, and Polish. Distribution is worldwide.

Notes

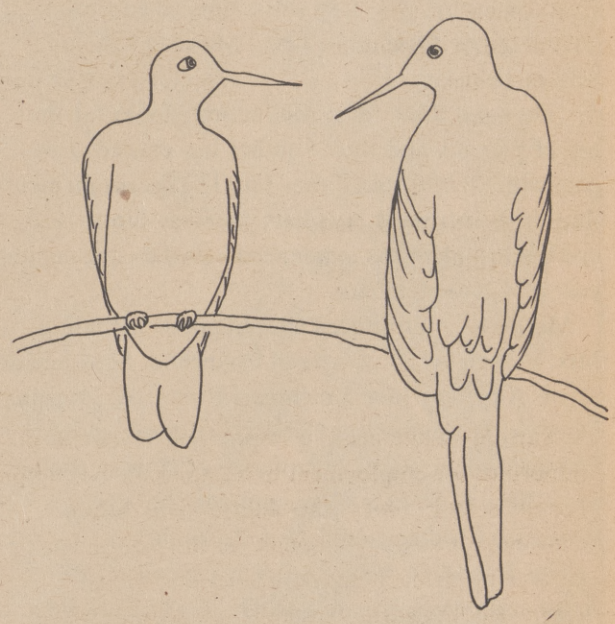
Mrs. John Ward Mailliard III, has been re-elected President of the Volunteer Auxiliary to San Francisco General Hospital. Other officers elected at the Annual Meeting in Trader Vic's Restaurant were Mrs. Abe Mellinkoff, First Vice-President; Dr. Charles Noble, Second Vice-President; Jean McClatchy, Third Vice-President; David Houston, Secretary; Mrs. Ronald Pelosi, Assistant Secretary; Gordon Bellis, Treasurer; and Thomas Layton, Assistant Treasurer.

Members of the SFGH Department of Surgery have been attending a number of national meetings. F. William Blaisdell, M.D., Chief of Surgery, and George Sheldon, M.D., Chief of the Trauma Service, were among the faculty at the Clinical Congress of the American College of Surgeons in Houston; Sandra Biales, R.N., Head Nurse, Burn Unit, and Joan Humphries, R.N., of the Burn Unit, attended the meeting of the American Burn Association earlier this month in Cincinnati, Ohio; James Holcroft, M.D., of the Department of Surgery will present a paper at the American Surgical Meeting, May 29-31, in Colorado Springs, Colorado.

Birds Do

tell

. . . but the Birds can't know everything



NEWS

Appointments, Awards, Elections, Honors, Research, Community Projects, New Programs.

Send your items to Rita Carroll, Editor, UCSF NEWS, 1487 Fourth Avenue.

Auxiliary

Annual Auxiliary Meeting

The Annual Meeting of the UC Hospitals Auxiliary, May 9, in Millberry Union, climaxed a record fund raising year during which the Auxiliary spent more on patient services than in any previous year.

Mrs. Florence Witter, the Auxiliary's Executive Vice-President, presided in the absence of Mrs. J. Ralph Audy, President. Mrs. Witter, reading the President's annual report, announced that during the past ten month period, the Auxiliary has spent more than $15,200 on patient services, hospital improvement, and life-saving equipment. The Auxiliary is committed to give another $12,000 before the end of the fiscal year, June 30, for a total of $27,200.

The Executive Vice-President told the luncheon gathering of some 150 members and guests that the Auxiliary has purchased an ultra sound diagnostic unit for the Radiology Service, and a defibrillator and electric thermometers for the Emergency Room. It has refurnished another patient solarium, and has provided countless patient comforts and amenities, including living plants to brighten many hospital areas, including patients' rooms.

Quoting Kay Audy, Mrs. Witter said: "No request for patient assistance has been denied . . . whether it was providing clothes for a two year old child leaving the Medical Center after surgery, or transportation to make it possible for an elderly wife to visit her husband in the hospital."

Under Kay Audy's energetic leadership, funds were raised through memberships, gifts, commissions from the sale of art works displayed in the Moffitt Hospital lobby, gift shop sales, and benefit events, including the Auxiliary's first "Musical Evening" held in February.

"The fund drive for a Meditation Room for the use of patients and their families has exceeded its goal with $8,000 raised thus far. The recent membership drive increased Auxiliary membership to 430, and the President has announced a goal for the coming year of 1,000 members.

Mrs. Witter introduced special guests including Mrs. Francis A. Sooy, wife of Chancellor Sooy and an active Auxiliary Board member; Robert A. Derzon, Director, Hospitals and Clinics; and guest speaker David Perlman, Regents Professor of Human Biology at UCSF and Science Correspondent for the San Francisco Chronicle, and Mrs. Perlman.

The Executive Vice-President expressed the Auxiliary's special thanks to Dr. E. P. Engleman, President of the Executive Medical Board and "maestro" of the "Musical Evening"; and to Mrs. Edwin Bovill, chairman of the Annual Meeting. She extended the Auxiliary's gratitude and best wishes to William G. Gonzalez, Assistant Director, Hospitals and Clinics, who is leaving UCSF this month for a new appointment as Deputy Director, Administration, Capital District, Psychiatric Center, Albany, New York.

David Perlman gave a talk on "Science, Health, and the Mass Media," in which he focused on the citizen's role in improving health care. Mrs. Betty Cunningham, Coordinator of Volunteer Services, presented a warm tribute to the 170 volunteers who have given over 30,000 hours of service in the past year. For especially dedicated service, she cited Alice Lloyd, "Henny" Korte, John Bittle, and George O'Hara.

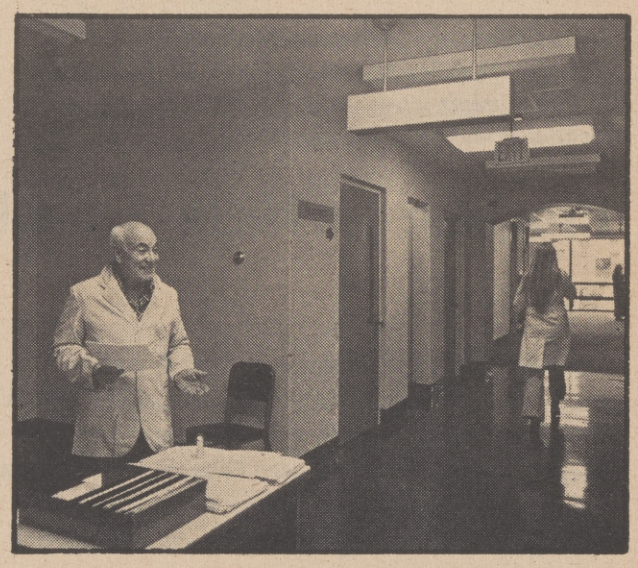
The following slate of officers, presented by the nominating committee, was elected to head the Auxiliary's board of directors during the coming year: Mrs. J. Ralph Audy, President; Mrs. Robert Hutchins, Executive Vice-President; Mr. James McWilliams, First Vice-President; Mrs. Florence Witter, Second Vice-President; Mr. James G. Shields, Jr., Treasurer; Mrs. Harry Mumford, Jr., Secretary.

Claire Wray

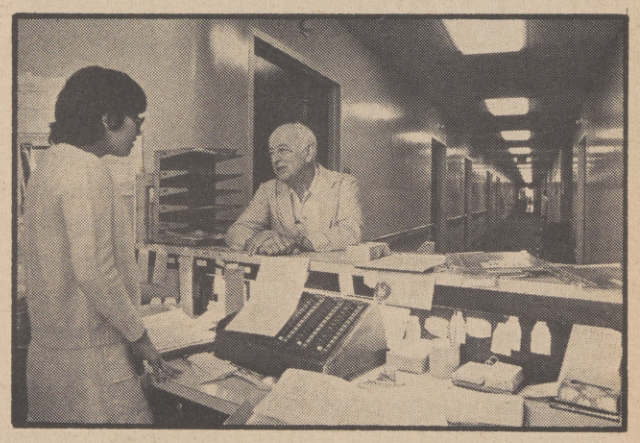
Mrs. Susie Mumford displays some of the doll clothes made by Volunteer Emma Bork.
The dolls small patients play with in the Moffitt Hospital Pediatrics Unit are among the best dressed anywhere, thanks to Volunteer Emma Bork, who has sewn, knitted and crocheted hundreds of these tiny garments. Now the Volunteer Services needs donations of "Barbee" dolls, and other six, eight, and nine-inch dolls to wear the clothes.

We Invite You to Join

The UC Hospitals Auxiliary, which is concluding its annual membership drive this month, expresses thanks to all members for their prompt payment of membership dues.



A newcomer to the Volunteers, Mr. Hector Gallardo's warm smile and bi-lingual ability helps patients to find the correct office or laboratory in the new Ambulatory Care Center.



Mr. John Bittel fills in as a Volunteer wherever he is needed the most. Nurse Annie Toy discusses a new assignment with him on 4A in U.C. Hospital.

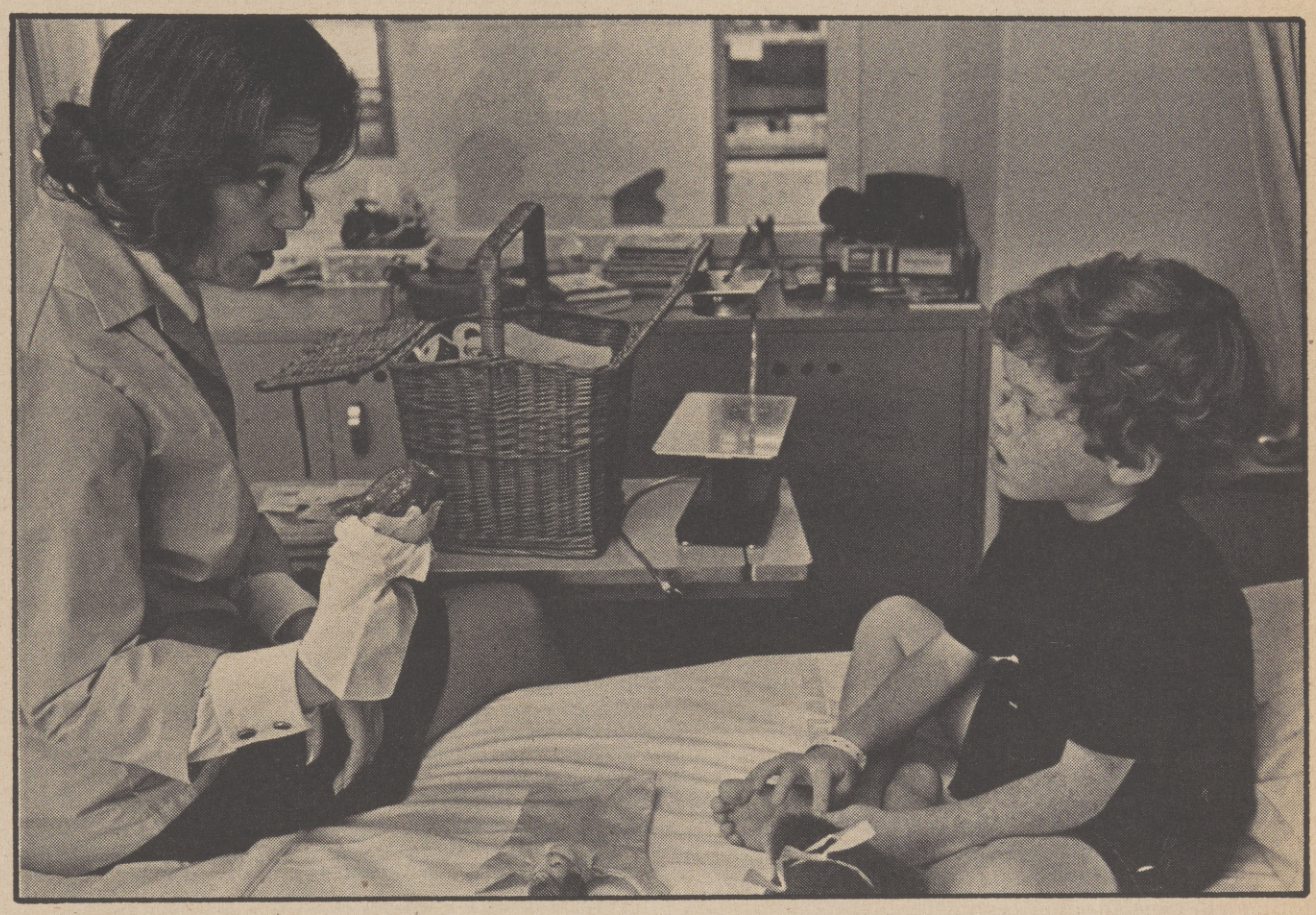
Dinner Celebration

Volunteers who donate their time and skills to the UC Hospitals on weekends and in the evening were the honored guests at a dinner held recently.

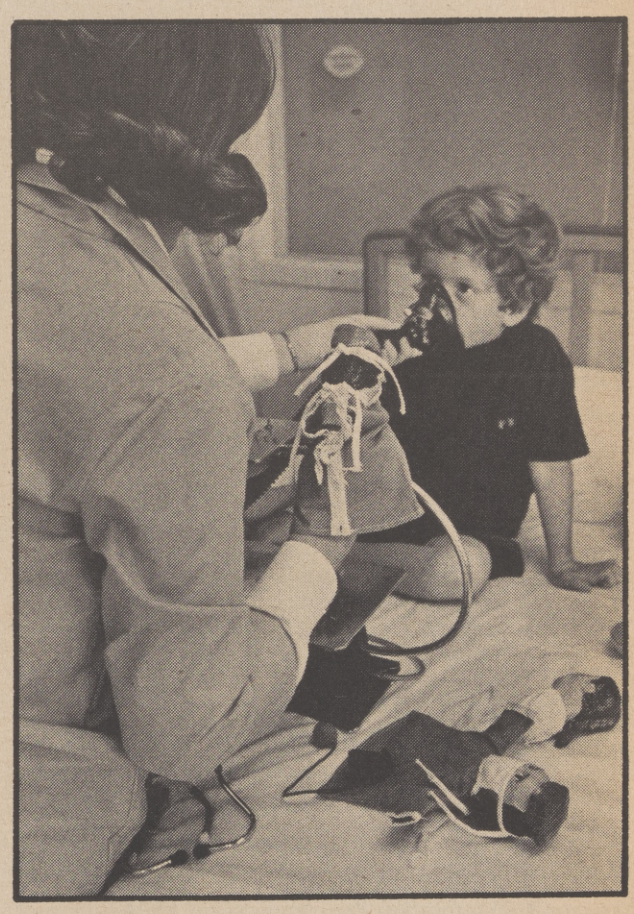
Hosting the informal dinner at the Magic Pan were Mrs. Florence Witter, representing the UC Hospitals Auxiliary; Mrs. Betty Cunningham, Volunteer Coordinator, with Mrs. Dorothea Thompson, Assistant Coordinator; and Mr. Jerome Yalon, Associate Hospital Administrator and his wife Jeanne.

Volunteers who attended the dinner included: Barbara Daniel, Kakena Faafiu, Alfreda Gunther, Janis Henken, Christine Kelly, Velma Landmann, Sharon Li, Myrl Manley, Robin Miller, Christine Murphy, Linda Murphy, Debbie McKinney, Betsey Pease, Vicki Pezzolo, Sally Shunsky, Lucia Sterling, Paul Wallace, and Linda White.

Among the activities in which these Volunteers participate are: assisting in the emergency room and the pediatric unit, puppet therapy for young children, visiting with patients, delivering flowers, and helping in the Gift Shop. Both patients and staff are deeply grateful to the Volunteers who bring an additional measure of care and comfort to those who are hospitalized.



Puppets are used to help youngsters become familiar with some of the instruments used for diagnostic tests or surgery. Volunteer Betsy Pease takes puppets, miniature operating table, stethoscope, oxygen face-mask, and other items from her basket as she explains to a young patient how doctors and nurses use the objects.



Auxiliary Membership Application
Fill this out and mail to: UC Hospitals Auxiliary, Moffitt Hospital, UC San Francisco, San Francisco 94143.
NAME_____
ADDRESS_____

Type of membership: Active—$10 per year; Alumni—$10 per year; Volunteer (those active in volunteer service in UC Hospitals)—$2 per year; Student—open to all students and their spouses—$2 a year; Contributing—$25 per year; Sustaining—$50 a year; Patron—$100 a year; Sponsor—$150 or more per year; Life—$500. Membership is tax deductible.

Photos by Tom Walters

Hospitals and Clinics: Synergy

Maternity Service for Young Women

Although there has been a dramatic decline in the number of births in the United States in the past few years, the number of children born to teenage mothers has not followed this pattern locally or nationally.

In San Francisco, according to the Department of Public Health Bureau of Statistics, 1,187 live births for women under age 19 were reported in 1972.

It is estimated that 85 percent of very young mothers are choosing to keep their babies and attempt to mother them, often as single parents. The physical, emotional, social, and economic consequences of these trends call for special approaches to maternity care for young women.

To provide this kind of comprehensive care, the Young Women's Maternity Services was developed over a year ago as a specialty clinic within the UCSF Outpatient Obstetrical Services. All pregnant women 18 or younger receiving obstetrical care at UCSF are referred to this clinic.

Coordinated by Eleanor Smith, Assistant Clinical Professor, School of Nursing, the program uses maternity nurse practitioner students to provide special support for each patient from her first visit to the clinic to delivery of the baby and after. The nurse practitioner student in collaboration with the obstetrician is responsible for the patient's care, she works as a member of a team which includes an obstetrician, a clinical specialist in maternity nursing, a nurse midwife, a social worker, a nutritionist, and a psychiatric consultant. Following every clinic, the interdisciplinary team meets to discuss the patients seen that day. Supplementing the basic team are other important services, such as dental screening and dental care, and psychiatric therapy when indicated.

The student nurse practitioner takes a complete medical history on the first visit of the young patient, orders the usual screening tests and performs a physical examination. The collaborating physician corroborates the physical findings, periodically reviews each case, and is available for consultation throughout the pregnancy.

A complete dietary history is taken on every patient, usually on the second visit. Nutrition education is seen as an extremely important aspect of care both as it affects the young mother and her baby.

Over a period of several visits, a thorough evaluation is made to assess many aspects of the young woman's life which affect her pregnancy, her ability to mother her child if she plans to keep it, her level of growth and maturity. She is encouraged to continue her education at one of the San Francisco Unified School District's special programs for this purpose. Whenever possible and appropriate the young woman's own mother, the father of her child, and any other person close to the patient are involved in plans for her care. The young mothers meet in an ongoing, informal group as they arrive in the clinic. Nutritious snacks are served and the young women use this period as a sharing and learning experience with one another.

A tour of the labor suite, delivery and postpartum areas, discussion of anesthesia, preparation for child care and breast feeding and preparation for childbirth are available to all UCSF maternity patients, and the young pregnant women are encouraged to participate in these programs.

The maternity nurse practitioner student provides support during labor and delivery, although the obstetrician performs the delivery. The student practitioner visits the new mother on the postpartum unit and she develops a liaison with pediatrics nurse practitioner who will see the young woman when she brings her infant in for checkup. Thus, the adolescent mother comes into the pediatric clinic as a person who is known and welcome, and who can look forward to continuing person-to-person support.

Much has been written about the high risk of adolescent pregnancy, but Eleanor Smith points out that with comprehensive medical care including the prevention of nutritional and other problems adolescents are prone to, there is no reason why these young women cannot expect normal deliveries and healthy babies.

In a paper presented at the American Nurses Association Conference of the Division of Maternal-Child Health Nursing Practice, Eleanor Smith, and Betty L. Highly, Associate Professor of Nursing and Chairman of Family Health Care Nursing, summarized the value of the program for the nurse practitioner students as follows:

"Understanding and supporting the adolescent mother through her pregnancy and early motherhood introduces the nurse practitioner to the whole gamut of physical, emotional, and intellectual stresses all women must deal with as they become mothers. The nurse practitioner, at her best, promotes individual growth of the patient from adolescence to adulthood and from young womanhood to motherhood."

Claire Wray

Cancer Test

Thermography, a technique which measures body heat to detect unusual tissue growth will be used in a screening program at UCSF to detect breast cancer. Starting June 10, through July 15, from 5 p.m. to 7 p.m., thermograms and physical examination of breasts will be available at the X-ray Outpatient Department floor, Moffitt Hospital. The fee is $25.

For additional information about the screening program or to make an appointment, call 666-1721.

More than 60,000 new cases of breast cancer are reported each year. About half of this number is expected to die within five years. And yet, breast concer is curable in 80 percent of the cases when the growth is still small enough not to have spread to the rest of the body.

Tom Walters

Mr. James Wiczai has been named Acting Director of the Ambulatory Care Center services.

Acting Director

James Wiczai has been appointed Acting Director of Ambulatory Care Services at UCSF. He succeeds Robert H. Christmas, who has accepted a new position as Executive Director of the 209 bed general care Sydenham Hospital in New York City.

Since June 1973, Wiczai has been Planning Associate in the office of William B. Kerr, Assistant Director, Hospitals and Clinics. He is a graduate of UC Berkeley where he received his BS in Business Administration in 1971 and his MPH degree in 1973. During graduate studies at Berkeley he was employed as a Research Assistant in the Program in Hospital Administration.

In 1972, he completed his residency in Hospital Administration at University Hospital, University of Washington, Seattle. His earliest exposure to the field of health care was as a high school student when he worked as a nursing assistant at Orange County Medical Center, spending two years each in the emergency room and psychiatric service.

Among his top priorities he lists programs to achieve "better working relationships among the various clinics now housed in the new building and better communication with prospective patients, neighborhood health groups and clinics."

As a resident of the Inner Sunset who walks to work each day, the new Acting Director has special empathy for our campus neighbors.

Muni's Fast Pass

The San Francisco Municipal Railway is initiating a FAST PASS program.

The Muni monthly passes sell for $11.00 and are good for an unlimited number of rides on all Muni lines including express buses and cable cars. It is valid at all times including trips to Candlestick Park.

A FAST PASS can be purchased at UCSF in the Cashier's Office located just off U.C. Hospital Lobby.

Screening Service

For many patients, health care at UCSF begins with a visit to the Screening and Acute Care Clinic, now located on the main floor of the new Ambulatory Care Center.

This service is open from 8 a.m. to 8 p.m. weekdays, from 8 a.m. to 6 p.m. on Saturdays, and closed on Sundays. Its purpose is to provide prompt attention for non-emergency problems and to evaluate patients for care within the overall UC Medical Center.

Anyone 18 years of age or older wishing to be seen by the staff of experienced physicians and registered Nurse Practitioners is asked to make an appointment. The patient will be seen immediately, or within a short period of time, depending on the nature of the problem. As always, the Moffitt Hospital Emergency Room is available 'round the clock for those needing full emergency services. Children and teenagers under 18 are served by the Pediatrics Clinic.

The typical patient who comes to the Screening and Acute Care Clinic is a young adult or middle-aged person who does not have a regular family physician. The patient is often a resident of a nearby neighborhood; however, the clinic also regularly serves patients from all parts of the Bay Area. Those from more distant California communities will be seen on a consultative basis, but should have physicians in their own communities who will be responsible for their continuing care.

Fees are based on the actual services rendered. Some patients are seen, evaluated but not scheduled for further services at UCSF either because further diagnosis and treatment is not indicated or because they are referred to other facilities better equipped to deal with their particular problem. These patients are not charged for their visit. Most patients, however, are evaluated and either treated in the Acute Care Clinic itself and/or referred to a specialty clinic for further diagnosis and treatment.

Fees are based on the amount of service actually rendered in the Screening and Acute Care Clinic. In each case, costs for these services are based on the patient's individual diagnostic and treatment needs, and ability to meet the costs. The Financial Services Office on the main floor of the Ambulatory Care Center is available to help any patient to secure benefits for which they are eligible, including Medi-Cal, and to arrange discounts for patients. The majority of outpatients at UCSF receive discounts ranging from 20 to 80 percent on services received.

The Screening and Acute Care Clinic is directed by Dr. Susan Massad, Academic Assistant Professor of Ambulatory and Community Medicine. It was opened two years ago to give easier access to the UCSF clinics to patients needing immediate health care, and to enable those with acute non-emergency medical problems to obtain appointments without undue waiting.

"One very important aspect of our service," said Dr. Massad, "is to provide a coordinated plan of care for each patient, instead of fragmented service. We assess the total health care needs of the patient by obtaining information on what services he has been receiving, determining what others he may need, and by recommending services that will help in his overall care."

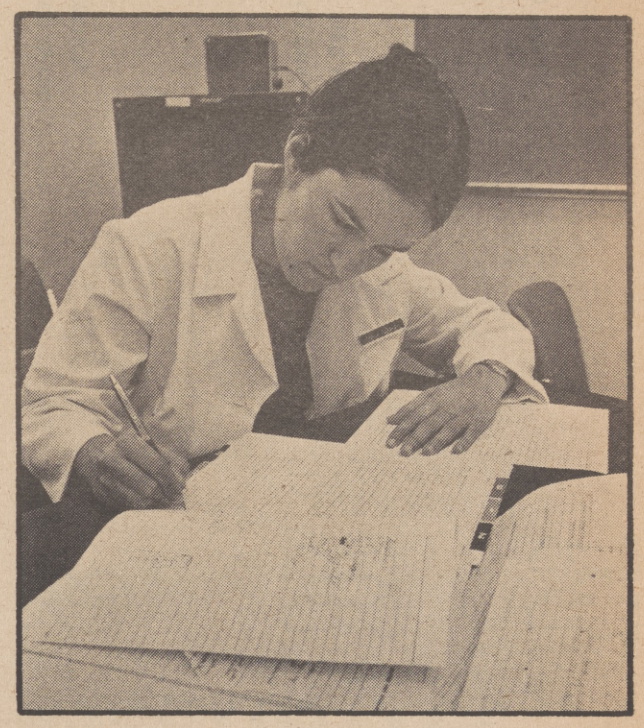
Appointments and further information about the Screening and Acute Care Clinic may be obtained by calling 666-4602.

Claire Wray

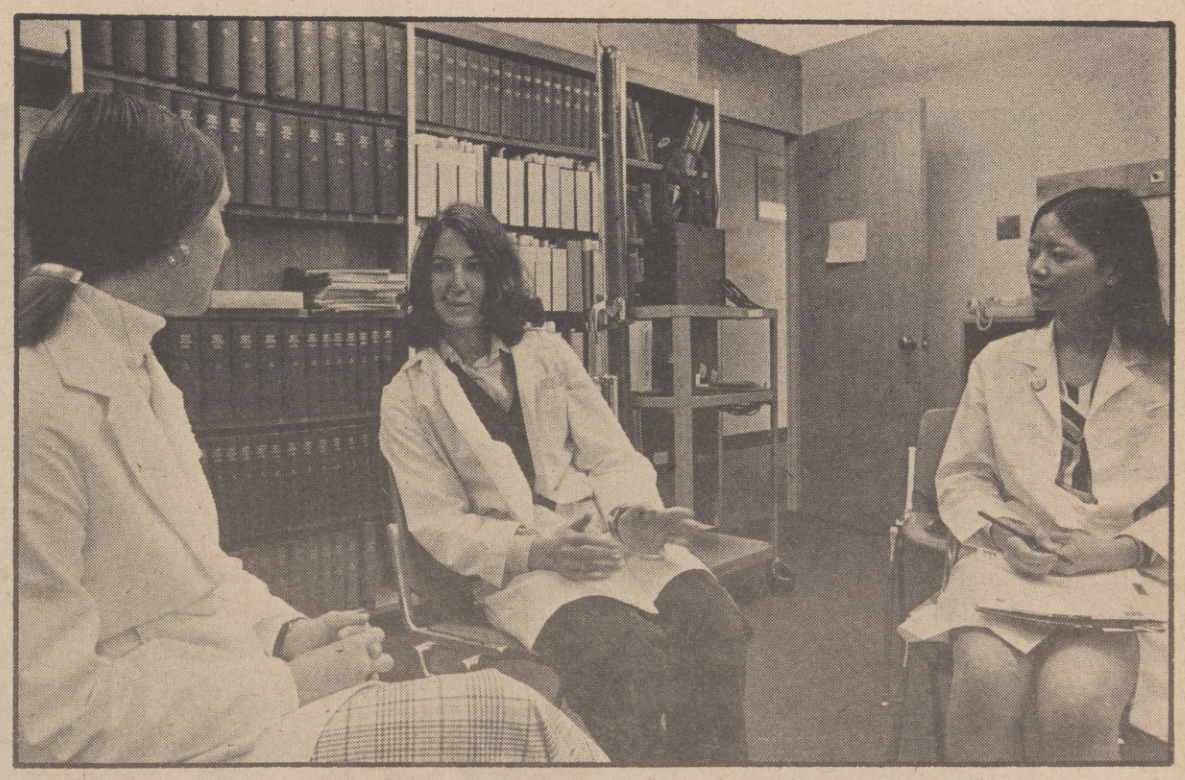
Thank You

To all who donated books, magazines, and paperbacks —thank you!

Two "book-boxes" are located just inside the main entrance to UC and Moffitt Hospitals. They are a gift of the UC Doctors Wives Association.



Tanja Roessel, a second-year student in the UCSF School of Nursing, studies the health records of patients attending the comprehensive clinic.



Tom Walters

Second year nursing students Stacey Prato (left) and Helen Yuen (right) confer with Roseann Alberts about the patients who come to the clinic for people who have weight problems. Ms. Alberts is studying for her master's degree in Nursing Science.

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Inside

Hypoglycemia is a condition about which much erroneous material has been published. Dr. Peter Forsham explains what hypoglycemia is and the treatment for it. 1

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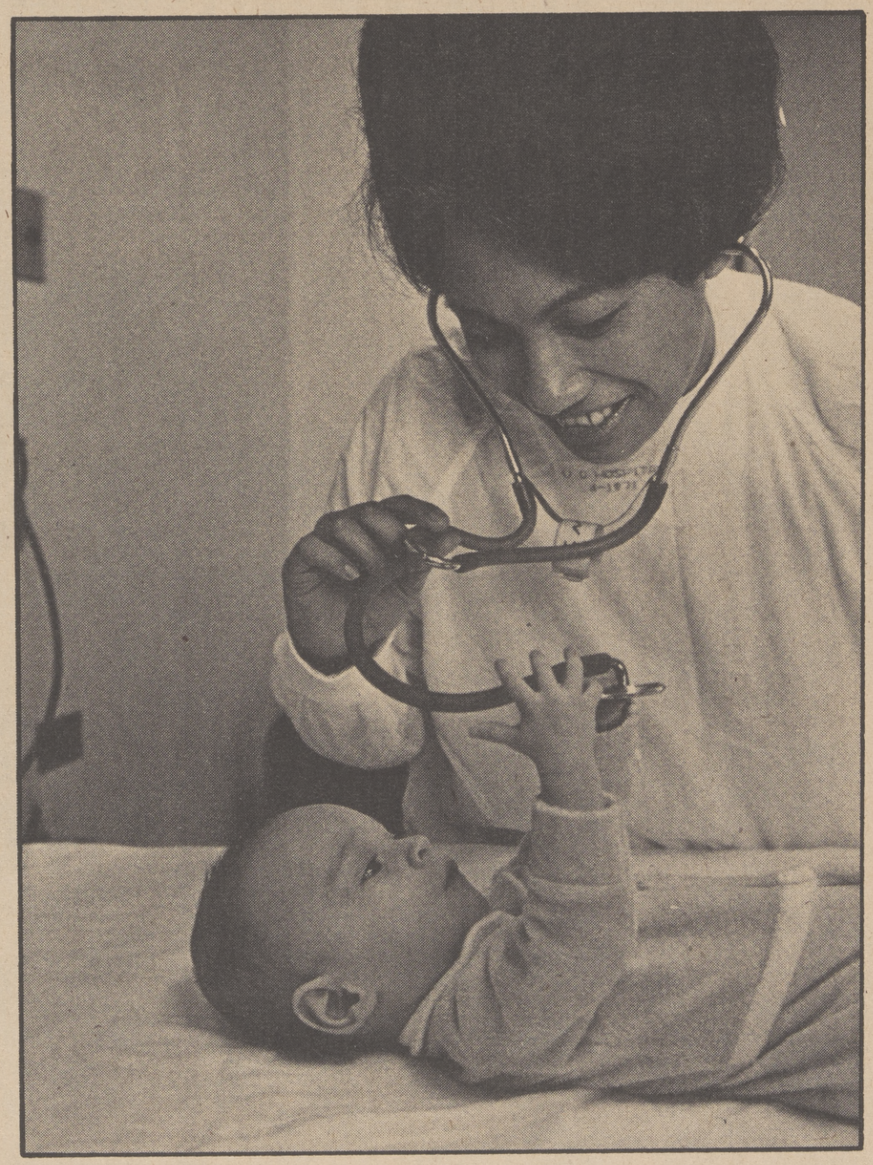

Head Nurse on the pediatric unit, Ann Ravarra, understands the special needs of young patients.